

Registration Deadline: Sept. 7

No on-site registration

Distribution Dates: August 9



Coastal Running League & **HARPSWELL HARRIERS**

Fall 2010 Registration Form

**Cross-country running is
an exciting sport**

Weekly Competitions

Practices

Coaches

Parent Participation

Registration

Mail to:

With lifelong fun and fitness benefits. This program offers training and conditioning for participants. Runners compete as a team but have a sense of individual performance and accomplishment.

Wednesdays, with similar groups from area communities. Ages: 7 & under – 1/2 mile; 8 & 9 – 3/4 mile; 10, 11 & 12 – 1 mile. Some bus transportation will be provided. **First meet is Wed., Sept. 22 at Yarmouth.** Full schedule will be handed out at first practice.

Mondays: 3:45 - 4:30 p.m. at Harpswell Islands School.
First meeting and practice: Wednesday, Sept. 8 at 3:45 p.m. Parents are encouraged to walk or run, and to help with the practices.

Chris Kinkade, Sport Coord./Coach 319-7280 or ChrisKinkade@yahoo.com
Ass't. Coaches, TBA
Gina Perow, ToH Rec. Dir. 833-5771 or harpswellrec2@suscom-maine.net

Parent participation is needed and appreciated. If interested, please contact Chris.

Fee is \$10.00 per runner (one form for each runner). Late fee/non-resident fee: additional \$5.00. **No on-site registration.**

Town of Harpswell, Recreation Dept., P.O. Box 39, Harpswell, ME 04079

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Fall 2010 Harpswell Harriers & Coastal Running League

For office use only:

_____ #R4160

Name _____ Age as of 10/1/10 _____ Female _____ Male _____

Address: _____ Zip code _____

Parent name & daytime location: _____

Day Phone# _____ Eve. Phone # _____ E-mail:* _____

Emergency Contact #1 _____ Emergency Contact #2 _____

Medical/Physical/Emotional Concerns _____

Prior Experience _____

***E-mail is important to communicate necessary information**

** Photos & videos taken may be used for publicity. **

Release from Liability: In consideration of the permission granted to myself/my child by the Harpswell Harriers to participate in the practices, competitions and other activities during Fall 2010, I hereby release and discharge the Harpswell Harriers, Coastal Running League, its agents and officers, MSAD 75 and Town of Harpswell from all actions, causes of actions, damages, claims or demands which I, my heirs, executors and administrators and assigns may have against the aforementioned parties for all personal injuries, known or unknown, which my child has or may incur by participation in the above mentioned or inferred activities. I realize that I must provide my own health/accident insurance for injuries that I or my child may sustain while participating in the above mentioned activities. I know that running a road or cross country race is a potentially hazardous activity and that I assume all risks for myself and/or my child including but not limited to falls, contact with other participants or vehicles, the effects of weather including high heat and/or humidity or cold, and the conditions of the road or course. I give the supervisor permission (in my absence) to obtain whatever medical treatment may appear or be necessary in the event of illness or injury.

Date: _____ Signature: _____ Parent / Guardian

Return Completed Form to the Town Office (There is an after-hour drop to the right of the glass entrance)

Flyer by **DESIGN**